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Patent Claims:

1. An actuator, preferably for furniture and comprising a helical spring as (20) having a plurality of windings around a cylindrical element (10) of plastics rotatable at least during reversed movement, said spring being tightened around the cylindrical element during reversed movement, c h a r a c t e r i z e d in that the cylindrical element consisting of plastics has an insert (12) of metal for carrying off the frictional heat generated during the reversed movement.

- 2. An actuator according to claim 1, c h a r a c t e r i z e d in that the insert (12) is connected with cooling faces of metal, preferably other actuator parts consisting of metal.
- 3. An actuator according to claim 2, comprising a worm wheel (9) and a spindle (2), wherein the connection between these is formed by a spline, c h a r a c t e r i z e d in that the spline of the worm wheel is formed in the insert (12) so that there is direct contact between insert (12) and spindle (2).

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- 4. An actuator according to claim 1, 2 or 3, c h a r a c t e r i z e d in that it comprises an element (18) in intimate contact with the outer side of the spring (20) for carrying off the heat, said element being made of a more heat-conducting material than the spring.
- 5. An actuator according to claim 4, c h a r a c t e r i z e d in that the element (18) essentially covers the entire outer side of the spring.

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6. An actuator according to claim 5, character i zed in that the element (18) is connected with cooling faces, preferably other actuator parts consisting of metal.

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